



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01081, Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D**

**Report Date: July 05, 2017 03:40 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
<b>Proximates</b>						
Water	g	87.71	119	0.021	215.77	863.07
Energy	kcal	56	--	--	138	551
Energy	kJ	232	--	--	571	2283
Protein	g	3.95	104	0.009	9.72	38.87
Total lipid (fat)	g	1.98	114	0.010	4.87	19.48
Ash	g	0.87	--	--	2.14	8.56
Carbohydrate, by difference	g	5.49	--	--	13.51	54.02
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	5.26	--	--	12.94	51.76
<b>Minerals</b>						
Calcium, Ca	mg	143	--	--	352	1407
Iron, Fe	mg	0.06	--	--	0.15	0.59
Magnesium, Mg	mg	16	--	--	39	157
Phosphorus, P	mg	112	--	--	276	1102
Potassium, K	mg	182	--	--	448	1791
Sodium, Na	mg	59	--	--	145	581
Zinc, Zn	mg	0.45	--	--	1.11	4.43
Copper, Cu	mg	0.008	--	--	0.020	0.079
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	2.6	--	--	6.4	25.6
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.1	--	--	2.7	10.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Thiamin	mg	0.045	--	--	0.111	0.443
Riboflavin	mg	0.194	--	--	0.477	1.909
Niacin	mg	0.101	--	--	0.248	0.994
Pantothenic acid	mg	0.376	--	--	0.925	3.700
Vitamin B-6	mg	0.051	--	--	0.125	0.502
Folate, total	µg	6	--	--	15	59
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	15	59
Folate, DFE	µg	6	--	--	15	59
Vitamin B-12	µg	0.43	--	--	1.06	4.23
Vitamin A, RAE	µg	0	--	--	0	0
Carotene, beta	µg	3	--	--	7	30
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	5	--	--	12	49
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.10	0.39
Vitamin D (D2 + D3)	µg	1.0	--	--	2.5	9.8
Vitamin D	IU	40	--	--	98	394
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	1.0
<b>Lipids</b>						
Fatty acids, total saturated	g	1.232	--	--	3.031	12.123
4:0	g	0.064	52	0.001	0.157	0.630
6:0	g	0.038	68	0.001	0.093	0.374
8:0	g	0.022	89	0.001	0.054	0.216
10:0	g	0.050	89	0.001	0.123	0.492
12:0	g	0.056	89	0.001	0.138	0.551
14:0	g	0.199	88	0.003	0.490	1.958
16:0	g	0.521	88	0.007	1.282	5.127
18:0	g	0.240	88	0.003	0.590	2.362
Fatty acids, total monounsaturated	g	0.572	--	--	1.407	5.628
16:1 undifferentiated	g	0.044	71	0.002	0.108	0.433

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
18:1 undifferentiated	g	0.498	78	0.007	1.225	4.900
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.074	--	--	0.182	0.728
18:2 undifferentiated	g	0.045	74	0.002	0.111	0.443
18:3 undifferentiated	g	0.029	65	0.002	0.071	0.285
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	8	--	--	20	79
<b>Amino Acids</b>						
Tryptophan	g	0.056	--	--	0.138	0.551
Threonine	g	0.178	--	--	0.438	1.752
Isoleucine	g	0.239	--	--	0.588	2.352
Leucine	g	0.387	--	--	0.952	3.808
Lysine	g	0.313	--	--	0.770	3.080
Methionine	g	0.099	--	--	0.244	0.974
Cystine	g	0.037	--	--	0.091	0.364
Phenylalanine	g	0.191	--	--	0.470	1.879
Tyrosine	g	0.191	--	--	0.470	1.879
Valine	g	0.264	--	--	0.649	2.598
Arginine	g	0.143	--	--	0.352	1.407
Histidine	g	0.107	--	--	0.263	1.053
Alanine	g	0.136	--	--	0.335	1.338
Aspartic acid	g	0.300	--	--	0.738	2.952
Glutamic acid	g	0.827	--	--	2.034	8.138
Glycine	g	0.084	--	--	0.207	0.827
Proline	g	0.383	--	--	0.942	3.769
Serine	g	0.215	--	--	0.529	2.116
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0